

# CANOLA OIL

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# RECIPES

# FRIED ARTICHOKE AND FENNEL WITH ROMESCO

*Yield: 6 portions as a first course*

<b>Ingredient</b>	<b>Amount</b>
Canola oil	½ gal.
Instant flour (Wondra™)	4 cups
Salt	1 tsp.
Ground black pepper	¼ tsp.
Artichoke hearts, thinly sliced	6 ea.
Fennel bulb, cored, thinly sliced	2 ea.
Buttermilk	1 qt.
Romesco (recipe follows)	

## **Method**

1. In a saucepan or deep fryer, heat canola oil to 350°F.
2. Combine the instant flour (Wondra™) with salt and pepper. Place in a bowl.
3. Soak artichoke and fennel in buttermilk. Shake off the buttermilk and toss in seasoned flour.
4. Shake off excess flour and fry the artichokes and fennel in batches for 2 to 3 minutes, until crispy. Remove and drain on paper towels. Sprinkle with salt and pepper. Serve with romesco sauce.

# ROASTED RED BELL PEPPER AND HAZELNUT SAUCE

## *ROMESCO*

*Yield: 2 to 2½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Canola oil	3 oz.
Red bell pepper, roasted	1 ea.
Dried ancho chiles, seeded, soaked, minced	3 ea.
Jalapeño or serrano chiles, seeded and roughly chopped	1 ea.
Tomatoes, roasted in oven	3 ea.
Garlic cloves, minced	3 ea.
Almonds, lightly toasted	24 ea.
Hazelnuts, lightly toasted	24 ea.
Parsley, chopped	1 Tbsp.
Bread slices, fried	2 ea.
Red wine vinegar	2-3 tsp.

### **Method**

1. In a large skillet, heat canola oil. Sauté the peppers until soft.
2. Combine peppers, tomatoes, garlic, almonds, hazelnuts, parsley, bread and red wine vinegar in a food processor. Pulse until the mixture is consistent with the nuts still detectable, finely chopped but not puréed.

# BRICK-PRESSED CUBAN SANDWICHES WITH SUN-DRIED CANOLA MAYONNAISE

*Yield: 8 sandwiches*

<b>Ingredients</b>	<b>Amounts</b>
Sun-Dried Tomato Canola Mayonnaise (see note)	½ cup
Crusty rolls	8 ea.
Roast pork loin, sliced thin	1 lb.
Serrano ham, sliced paper thin	¼ lb.
Gruyère cheese	¼ lb.
Sauerkraut	2 cups
Canola oil	2 Tbsp.
Clean brick, wrapped in foil	

## **Method**

1. Preheat a stovetop griddle over medium-high heat.
2. Spread the mayonnaise all over the rolls and place the pork, ham, cheese and sauerkraut on the bottoms. Press the sandwiches together.
3. Put about 1 tablespoon of canola oil on the hot griddle and spread to coat. Put 1 sandwich at a time on the griddle, and top with the brick. Toast sandwiches on the griddle, turning once, until golden, hot, and cheese is melted, 2 or 3 minutes per side.

# CANOLA MAYONNAISE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Pasteurized egg yolks	2 ea.
White wine vinegar	½ oz.
Water	½ oz.
Dijon mustard	1 tsp.
Canola oil	1½ cups
Salt	½ tsp.
Pepper	¼ tsp.
Lemon juice	2 tsp.

## **Method**

1. In a bowl, combine the yolks, vinegar, water and mustard. Mix them together with a balloon whip until the mixture is slightly foamy.
2. Gradually add canola oil in a thin stream, constantly beating them with a whip until they are incorporated and the mayonnaise is thick.
3. Adjust the flavor to taste with the salt, pepper and lemon juice.
4. Refrigerate the mayonnaise immediately.

**Note:** To make sun-dried tomato mayonnaise. Add ½ cup chopped sun-dried tomatoes, 1 teaspoon minced garlic, and 1 teaspoon toasted and ground fennel.

# CRAB CAKES WITH WARM BLACK TRUFFLE VINAIGRETTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Canola oil	2 Tbsp.
Red bell pepper, small, seeded and finely chopped	1 ea.
Celery ribs, finely chopped	2 ea.
Roasted garlic, mashed	2 Tbsp.
Green onion, chopped	¼ cup
Jumbo lump crabmeat, cleaned for shells	1 lb.
Fresh bread crumbs	¾ cup
Canola Mayonnaise (see index)	2 Tbsp.
Dijon mustard	1 Tbsp.
Eggs, beaten	2 ea.
Parsley, chopped	¼ cup
Chives, chopped	¼ cup
Lemon, zest and juice of	1 ea.
Cayenne	1 pinch
Salt	to taste
Pepper	to taste
Panko (Japanese bread crumbs)	2 cups
Canola oil	¼ cup
Warm Black Truffle Vinaigrette (recipe follows)	

## **Method**

1. In a large skillet, heat the first amount of canola oil over high heat. Sauté pepper and celery until the vegetables begin to soften, about 2 minutes. Reduce the heat to medium and add the garlic and green onions. Stir and cook for 1 minute. Remove from heat and cool.
2. In a bowl, combine the sautéed vegetables, crab meat, fresh bread crumbs, mayonnaise, mustard, eggs and half the parsley and chives. Mix well and add the lemon zest, juice, cayenne, salt and pepper. Form into cakes with your hands, each about 3 inches in diameter and ¼ inch thick (you should have 12 to 14 cakes). Dip the top and bottom lightly into the panko. Refrigerate on a sheet pan lined with wax paper until ready to cook.
3. In a large skillet, heat canola oil over medium-high heat. Add the crab cakes and fry for 3 minutes on each side. Put 2 crab cakes each on 6 plates and drizzle with warm black truffle vinaigrette. Garnish with the remaining parsley and chives.

# WARM BLACK TRUFFLE VINAIGRETTE

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Truffle peelings	3 oz.
Madeira wine	¼ cup
Canola oil	½ cup + 2 Tbsp.
White onion, chopped	¼ cup
Carrot, chopped	¼ cup
Celery, chopped	¼ cup
Sachet d' Épice (see index)	1 ea.
Chicken stock	¼ cup
Sherry wine vinegar	¼ cup
Truffle oil	¼ cup
Coarse salt	to taste
Black pepper, freshly ground	to taste
Fines herbs	3 Tbsp.

## **Method**

1. In a small saucepan, combine the truffle peelings and Madeira over medium heat. Bring to a simmer. Simmer for 5 minutes. Strain through a fine sieve, reserving the liquid and peelings separately.
2. In the same saucepan, heat 2 tablespoons of canola oil over medium heat. Add the onions, carrot, celery and sachet. Sauté for about 4 minutes or until the vegetables are tender.
3. Add the reserved Madeira and stir to deglaze the pan.
4. Continue to cook for about 3 minutes or until the pan is almost dry.
5. Add the chicken stock and cook for about 4 minutes or until liquid is reduced by half.
6. Immediately strain through a fine sieve into a medium-size heat-proof bowl. Discard the solids and allow the liquid to cool.
7. When cool, whisk in the vinegar, remaining ½ cup canola oil, and the truffle oil.
8. Season to taste with salt and pepper. Stir in the herbs just before serving.

# OYSTER MUSHROOM CEVICHE WITH AVOCADO AND PINK GRAPEFRUIT

*Yield: 6 to 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oyster mushrooms	1 lb.
Meyer lemon juice	1 cups
Garlic gloves, peeled and crushed	2 ea.
Fresh ginger, peeled and minced	1 Tbsp.
Jalapeño pepper, seeded and finely chopped; or 1/8 tsp. cayenne	1 ea.
Coarse salt	1/2 tsp.
Canola oil	1/4 cup
Avocado, cut in 1/2 inch pieces	2 ea.
Pink grapefruit, peeled, segmented	3 ea.
Scallions, white parts only, thinly sliced	1/4 cup
Fresh dill, chopped	2 Tbsp.
Red bell pepper, seeded and very finely diced (1/8 inch)	2 Tbsp.

## **Method**

1. Trim the mushroom stems to the base of the cap and wipe the caps clean with a damp cloth. If the mushrooms are large, cut in half lengthwise.
2. In a stainless steel, porcelain or glass bowl, combine the lemon juice, garlic, ginger, jalapeno, salt and canola oil. Mix well with a wire whisk, add the mushrooms, and let sit for 30 minutes at room temperature.
3. Add the avocados, pink grapefruit, scallions and dill. Toss well and let sit again for another 30 minutes. Correct the seasonings with salt to taste.
4. Sprinkle with the diced red bell pepper and serve.

# SAVORY SPINACH-BACON-RICOTTA FRITTERS

*Yield: 6 portions as a first course*

<b>Ingredient</b>	<b>Amount</b>
Bacon, finely chopped	4 slices
Baby spinach	4 cups
Eggs	2 ea.
Parmesan cheese, grated	2 oz.
Ricotta cheese	1 cup
Lemon zest	1 tsp.
Flour	2/3 cup
Salt and pepper	to taste
Cayenne pepper	1 pinch
Canola oil	1/2 gal.
Romesco (see index)	

## **Method**

1. Heat a sauté pan over medium heat. Add the bacon and render the fat; once the fat has rendered, add the spinach and sauté 1 to 2 minutes, until wilted. Place in a colander to drain well. Let cool.
2. Combine the eggs, Parmesan cheese and ricotta cheese. Gently mix in the drained spinach-bacon mixture, lemon zest and flour. Add the salt, pepper and cayenne. Mix to just to combine or the mixture will become tough. Place in the refrigerator for 15 minutes.
3. In a saucepan or deep fryer, heat the canola oil to 350°F.
4. Using a small scoop, drop tablespoon-size rounds of batter into the hot canola oil. The oil should sizzle around the dough. Let the fritters cook on one side until golden brown, then use tongs to flip the fritters over and cook until golden brown and cooked through. Drain well on paper towels and serve immediately with romesco.

# SMOKED YUKON GOLD POTATO SALAD WITH SOCIETY GARLIC BLOSSOMS, QUAIL EGGS, AND GRIBICHE OIL

*Yield: 4 to 5 half-cup portions*

<b>Ingredients</b>	<b>Amounts</b>
Yukon gold potatoes, medium	1 lb.
Wood chips	3 ea.
Quail eggs, boiled and halved	6 ea.
Society garlic whole blossoms	12 ea.
Gribiche Oil, whole (recipe follows)	¼ cup
Salt and pepper	to taste

## **Method**

1. Wash the potatoes well. Place in a pot of salted water and cook until tender, about 12 to 15 minutes. Remove from pot and rinse with cold water until the potatoes are cool. Drain well.
2. Soak the mesquite wood chips in water for 15 minutes.
3. Turn on the grill and place a few wet pieces of mesquite wood on the coals.
4. Place the potatoes in an uncovered, shallow aluminum pan on the grill. Make sure that the wood chips are generating smoke, then close grill lid. Smoke the potatoes for about 7 to 10 minutes, until the potatoes have a smoky essence. Remove from the pan and cool. Once cool, dice the potatoes into 1-inch pieces.
5. In a large bowl, toss the potatoes with the society garlic blossoms and the gribiche oil. Season with salt and pepper, then gently fold in the quail eggs. Serve warm, garnished with more garlic blossoms.

## GRIBICHE OIL

*Yield: 4 half-cup portions*

<b>Ingredients</b>	<b>Amounts</b>
Canola oil	½ cup
Dijon mustard, grainy	1½ tsp.
Sherry vinegar	2 Tbsp.
Capers, minced	1 tsp.
Cornichon, minced	1 tsp.
Shallots, minced	1 Tbsp.
Tarragon, minced	¼ tsp.
Italian parsley, minced	1 tsp.
Chive, minced	½ tsp.

### **Method**

1. In a mixing bowl, combine canola oil, Dijon mustard, vinegar, capers, cornichon, shallots, tarragon, parsley and chive and whisk together. Refrigerate immediately.

**Note:** The sauce can be refrigerated in a covered container for a up to 2 days.

# PARSNIP VICHYSOISE WITH APPLE HORSERADISH OIL AND ROASTED SHIITAKE CHIPS

*Yield: 6 portions as a first course*

<b>Ingredient</b>	<b>Amount</b>
<i>Roasted shiitake chips</i>	
Shiitake mushrooms, thinly sliced	¼ cup
Canola oil	1 Tbsp.
<i>Parsnip vichyssoise</i>	
Canola oil	3 Tbsp.
Onion, chopped	½ cup
Celery, chopped	½ cup
Parsnips, peeled, sliced ¼ inch thick	1 lb.
Garlic, minced	2 Tbsp.
Leeks, whites only, chopped	6 ea.
White wine	1 cup
Yukon gold potatoes, peeled, cut 1 inch	½ lb.
Chicken stock or water	2 qt.
Salt and pepper	to taste
Heavy cream	1+ cup
Lemon juice	as needed
<i>Apple horseradish oil</i>	
Braeburn apple, finely julienned	½ cup
Horseradish, freshly grated	1 tsp.
Canola oil	½ cup
Salt	to taste
Chives, thinly sliced	1 Tbsp.

## **Method**

1. *For the roasted shiitake chips:* Toss the shiitake mushrooms with 1 tablespoon of canola oil. Place in a single layer on a Silpat mat. Cover with a piece of parchment paper and another sheet pan. Bake in a 250°F oven until golden brown and crisp, approximately 30 to 45 minutes. Set aside for garnish.
2. *For the parsnip vichyssoise:* In a heavy-bottomed pot, heat 3 tablespoons of canola oil. Add the onions, celery, parsnips and garlic and sweat the vegetables on a low flame, covered, until translucent, about 5 minutes. Add the leeks and cook another 5 minutes. Pour in the wine and cook until dry. Add the potatoes and cover with chicken stock or water. Salt and pepper to taste. Let simmer over medium heat for about 30 minutes. When the vegetables are tender, blend until smooth using an immersion blender. Stir in the heavy cream and adjust the seasoning with salt, pepper, and lemon juice.
3. *For the apple horseradish oil:* Combine the apple, horseradish, and canola oil. Season with salt.
4. *To serve:* Top each hot bowl of soup with a little bit of the apple mixture, lean a shiitake chip on top, and sprinkle with chives.

# GRILLED SEASONAL VEGETABLES WITH NIÇOISE “AÏOLI”

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Niçoise “aioli”</i>	
Shallot, small dice	1 Tbsp.
Lemon juice	2 Tbsp.
Capers, chopped	1 Tbsp.
Dijon mustard	1 Tbsp.
Anchovy paste	1 tsp.
Canola Mayonnaise (see index)	¼ cup
Greek yogurt	¼ cup
Niçoise olives, chopped	½ cup
 <i>Marinade and vegetables</i>	
Canola oil	1 cup
Lemon juice	to taste
Garlic, minced	1 Tbsp.
Parsley, thyme, rosemary, finely chopped	1 Tbsp.
Salt	to taste
Black pepper, freshly ground	to taste
Red bell peppers, sliced	2 ea.
Yellow bell peppers, sliced	2 ea.
Zucchini, sliced	1 lb.
Eggplant, sliced	1 lb.
Red potatoes, parcooked, halved	½ lb.
Red onion, sliced	1 ea.

## **Method**

1. *For the “aioli”:* In a bowl, combine the shallot, lemon juice, capers, mustard, and anchovy paste. Stir in the mayonnaise, yogurt, and olives. Adjust seasoning with salt and pepper.
2. *For the marinade:* In a bowl, combine canola oil, lemon juice, garlic, parsley, salt and black pepper. Coat the vegetables evenly with the marinade. Let any excess drain completely away from the vegetables.
3. Place the vegetables on a hot grill; cook on both sides (the time will vary depending upon the type of vegetable and the thickness of the cut), rotating once to create crosshatch marks, if desired. Turn the vegetables and complete the cooking on the second side.
4. Serve the grilled vegetables with the Niçoise “aioli” on the side.

**Note:** Vary the vegetables depending on what’s in season.

# TUNISIAN SPICED CHICKEN SKEWERS WITH POMEGRANATE DRESSING, DATES, AND APPLES

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Chicken skewers</i>	
Canola oil	2 Tbsp.
Lemon juice	2 Tbsp.
Garlic cloves, minced	2 ea.
Fresh ginger, minced	1 tsp.
Paprika	1 Tbsp.
Coriander seeds, ground	1 Tbsp.
Caraway seeds	1 tsp.
Red hot pepper, ground	¼ tsp.
Curry powder	¼ tsp.
Cayenne or chili flakes	¼ tsp.
Black pepper, freshly ground	½ tsp.
Chicken breast, cut 1 x 2 x ¼ inch	1 lb.
<i>Pomegranate dressing</i>	
Shallot, minced	1 Tbsp.
White wine vinegar	2 Tbsp.
Pomegranate juice	¼ cup
Pomegranate molasses	1 Tbsp.
Lemon juice	1 Tbsp.
Orange zest	2 tsp.
Canola oil	6 Tbsp.
Salt and pepper	to taste
Arugula	1 cup
Dates, ¼ inch slices	¼ cup
Apples, ½ inch dice	2 ea.
Salt	to taste

## **Method**

1. *For the dressing:* Combine the shallots and vinegar. Let sit for 5 minutes Add the pomegranate juice and molasses, lemon juice, and orange zest. Whisk in the canola oil. Adjust the seasoning with salt and pepper.
2. *For the skewers:* Mix all ingredients thoroughly and coat the meat well with the mixture. Marinate at least 2 hours before grilling. Skewer chicken.
3. Grill over medium-high heat until the juices run clear.
4. Place the arugula in a bowl and add the dates, apples, and salt. Add enough of the dressing to lightly coat. Place on a plate with 2 to 4 skewers of chicken. Drizzle some of remaining dressing around the plate.

## SPICY NOODLES BEIJING

Ingredients	Amounts
Fresh egg noodles	½ lb.
Ground pork	½ lb.
Yellow onion, diced	1 cup
Canola oil	1 Tbsp.
Napa cabbage, julienned	½ hd.
Bean sprouts	3 cups
Ground bean sauce	1 Tbsp.
Chili paste with garlic, or any chili garlic sauce	3 Tbsp.
Sesame oil	1 tsp.
Chiangking vinegar	2 tsp.
Sugar	1 tsp.
Dark soy sauce	1 Tbsp.
Water	¼ cup
Cornstarch slurry	as needed
<i>Garnish</i>	
Carrot, thinly julienned	½ cup
Cucumber, thinly julienned	½ cup

### Method

1. Cook the noodles in a pot of boiling water until al dente. Rinse with hot water; drain. Transfer to a serving plate and cover with a bowl to keep warm.
2. While the noodles are cooking, heat a wok until hot. Stir-fry the ground pork and onion in 1 tablespoon oil until the onion is translucent. Add the cabbage and bean sprouts and stir-fry for 1 minute. Add the bean sauce and chili paste. Season with the sesame oil, vinegar, sugar, and dark soy sauce.
3. Add the water to heat through and thicken with slurry. Adjust seasoning.
4. Top with carrot and cucumber and serve immediately with cooked noodles.

# CHIFFON SPONGE CAKE

*Yield: One 3 by 8-inch or 2 by 10-inch cake*

<b>Ingredients</b>	<b>Amounts</b>
Canola oil	2/3 cup
Egg yolks	8 ea.
Water	1 cup
Vanilla extract	1 Tbsp.
Cake flour	14 oz.
Sugar	7 oz.
Baking powder	4 tsp.
Salt	1 tsp.
Egg whites	8 ea.
Sugar	7 oz.

## **Method**

1. Lightly spray a 3-by-8-inch or 2-by 10-inch cake pan with canola oil spray. Line with parchment and flour the sides of the pan.
2. In a bowl, whip the canola oil and egg yolks until combined. Add the water and vanilla extract.
3. In a mixer bowl, sift together the flour, sugar, baking powder, and salt. Place the bowl on the electric mixer.
4. Add the egg yolk mixture and beat gently just to combine. Scrape down the bowl.
5. Beat at high speed for 20 seconds to fully aerate. Remove from mixer machine and scrape down bowl. Set aside.
6. In another mixer bowl, whip the egg whites to a foam. Slowly sift in the second measure of sugar and whip to firm peaks.
7. Gently fold meringue into reserved batter. Transfer to cake pan.
8. Bake in a 325°F convection oven for about 30 minutes.
9. Cool in the pan for 10 minutes. Remove from pan and cool thoroughly.

## SACHET D'ÉPICE

*Yield: One piece*

<b>Ingredients</b>	<b>Amounts</b>
Fresh thyme	½ tsp.
Garlic clove, minced	1 ea.
Black peppercorns	1/3 tsp.
Parsley sprigs, chopped	3 ea.
Cheesecloth, 3 by 3 inch piece	1 ea.
Butcher's string, 6 inches	1 ea.

### **Method**

1. Place the ingredients in the center of the cheesecloth.
2. Gather and tie up the corners of the cheesecloth with butcher's string so that the ingredients are sealed inside.
3. Add the sachet to the cooking liquid to impart the flavor.
4. Remove the sachet before serving.

# TRANS FAT-FREE CANOLA PIE DOUGH

Ingredients	Amounts
Slivered almonds, skin on	½ cup
All-purpose flour	2¼-2½ cups
Salt	½ tsp.
Baking powder	½ tsp.
Canola oil, chilled in freezer for 2 hrs.	2/3 cup
Egg, beaten slightly	1 ea.
Milk, 1 percent	¼ cup
Vinegar	1 Tbsp.

## Method

1. In a food processor, add the almond and pulse once or twice for a coarsely ground consistency. Add the flour, salt, and baking powder. Pulse once or twice to combine the ingredients. Add the cold/frozen canola oil. Pulse again once or twice.
2. In a small bowl, combine egg, water, milk, and vinegar. With food processor running, pour liquid ingredients through the feed tube. Turn off machine as soon as ingredients are mixed, about 10 seconds.
3. Remove dough and place on a lightly floured surface. Knead ingredients 4 or 5 times to finish mixing. Divide dough in half. Roll out each half to fit pie plate. Trim and flute edges. Prick all over with a fork. Bake at 400°F (200°C) for about 10 minutes or until golden brown.

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